

**F** *We are here* **Y**  
**O**  **O**  
**R** *And, your Family* **U**



**PROSTATE CANCER SUPPORT  
City of Onkaparinga Group  
South Australia**

**An affiliate Member of Prostate Cancer  
Foundation of Australia,**

**OUR GOLDEN RULE: We do not give medical  
advice, your GP, your Urologist and Allied  
Medical Health Professionals are the only people  
who are legally qualified to give you medical  
advice.**

**WE DO HOWEVER, GIVE YOU OUR  
WHOLEHEARTED SUPPORT.**



**Malcolm**

**Mark**

**John**

**Thank you to Noarlunga Community Hospital for allowing us to use the Boardroom for our meetings, and to all who support us.**

**MAY 2018 NEWSLETTER (No 158)**

**Your own local Newsletter**

**Our Editor John Shields accepts responsibility for the content of this newsletter.**

 **MAY 2018 REPORT.**

**Present: 10**

**Apologies: Mark Milosovic**

**Once again our meeting started with a Round Robin and members brought us up to date regarding their current situations.**

**Tonight we watched a video of Dr Yvonne McMaster OAM, who gave an interesting talk about Palliative Care.**

**Dr McMaster who is an advocate for Palliative Care, has been retired for 21 years and she initially talked about her first experiences with Palliative Care and the huge amount of work that needed to be done all over Australia and particularly in New South Wales. She has Co-led a support group for people with Advanced Cancer at the Sydney Adventist Hospital Wahroonga, and has put a lot of time and effort into promoting Palliative Care and is very deserving of the OAM that she received. There is a lot of information on the internet about Dr McMaster and the link below is a good example of her work.**

**A word with Yvonne McMaster – Health Consumers**

<http://www.hcnsw.org.au/news.php/24/a-word-with-...-yvonne-mcmaster>

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**Tonight we had a visit from a local gentleman who has Brain Tumours and we hope that he was able to take something away from our meeting that will be helpful to him. He has been assured that we will always be here for him if he wants to contact us again. There is an adult Brain Cancer group that meets on the last Saturday of the month from 11.00am to 12.00 noon at the South West Community Centre, 171 Sturt Street Adelaide and he does have this information.**

### **Our June Luncheon:**

**The majority of members agreed that our June Luncheon will be on Sunday June 3<sup>rd</sup> 2018 at Fresh Choice, 373 Diagonal Road Sturt at 12.00 noon.  
(Where Diagonal Road meets Miller Street)**

### **Bunnings**

**The PCFA collection days at our local Bunnings store commence today Thursday the 3<sup>rd</sup> of May and after Sunday, we will have a break for the winter months until October 2018.**

### **From the Breast Cancer site**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=154823&placementId=496933&page=home&media=2014-10/468x250storybcs\\_141021114514.png](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=154823&placementId=496933&page=home&media=2014-10/468x250storybcs_141021114514.png)

### **Why they went flat**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=192840&placementId=511020&page=home&media=2017-08/468x250news6wom\\_170822125136.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=192840&placementId=511020&page=home&media=2017-08/468x250news6wom_170822125136.jpg)

### **From the Australian Prostate Cancer Research Society (au) site**

<https://www.ausprostatecancer.com.au/family-history-and-prostate-cancer-vital-research-underway/>

### **Common Chemo Drugs**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=201486&placementId=511788&page=home&media=2018-04/468x250news10co\\_180424124255.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=201486&placementId=511788&page=home&media=2018-04/468x250news10co_180424124255.jpg)

### **Proton Therapy**

<https://www.floridaproton.org/cancers-treated/brain-cancer>

### **Eating Organics**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=155930&placementId=511830&page=home&media=2015-06/468x250newsyouw\\_150624104413.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=155930&placementId=511830&page=home&media=2015-06/468x250newsyouw_150624104413.jpg)

### **Stages of Breast Cancer**

[http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=145658&placementId=511831&page=home&media=2018-04/468x250newslist\\_180425071909.jpg](http://thebreastcancersite.greatergood.com/clickToGive/ad.click?siteId=2&adId=145658&placementId=511831&page=home&media=2018-04/468x250newslist_180425071909.jpg)

## The nutritional value of grapes etc. Double left click then open.



## Cancer Support Groups



## Kid's Cancer




## Rito's:

**Support Group members, their family and friends, are invited to attend a luncheon, or have a cup of tea or coffee, and a friendly chat, at Rito's Café 101 Beach Road Christies Beach, on the **third Thursday** after each Support Group meeting. This is proving to be a good opportunity to just relax and talk about life in general, and gives real meaning to the word "Support."**

## Newsletters received with thanks from:

**Andrology Australia, Prostate Melbourne, Prostate Heidelberg & Sydney Adventist Hospital Prostate Cancer Support Group.**

**Just a reminder that our June Luncheon will be at Fresh Choice on June 3<sup>rd</sup>.**

** OUR NEXT MEETING IS ON WEDNESDAY 4th JULY 2018 AT 6.30PM. IN THE BOARDROOM AT NOARLUNGA HOSPITAL OUR GUEST SPEAKER IS – TO BE ADVISED WE LOOK FORWARD TO SEEING YOU THERE.**